CLAIMS

 A heat-storing medium for a low-temperature range, composed of a set (22) of pourable bodies, wherein the bodies are gastight sealed hollow bodies (30) and each hollow body (30) contains a fill (34) of a low-boiling gas as a storage medium,

characterized in that

the hollow body wall (32) is made of metal.

- 2. The heat-storing medium according to claim 1, characterized in that the hollow body wall (32) is made of copper.
- 3. The heat-storing medium according to claim 1 or 2, characterized in that the material and the wall thickness of the hollow body wall (32) are selected such that the thermal penetration depth equals at least once the wall thickness.
- 4. The heat-storing medium according to one of claims 1-3, characterized in that the storing medium is a fill (34) of helium.
- The heat-storing medium according to claim 4, characterized in that the helium fill (34) has a pressure of more than 0.5 bar at a temperature of 4 K.
- 6. The heat-storing medium according to claim 4 or 5, characterized in that the helium fill (34) has a pressure of approximately 200 bar at room temperature.

- 7. The heat-storing medium according to one of claims 1-6, characterized in that the wall thickness of the hollow body wall (32) is smaller than 1.0 mm.
- 8. The heat-storing medium according to one of claims 1-7, characterized in that the hollow body (30) is of approximately spherical configuration.
- 9. The heat-storing medium according to claim 8, characterized in that the hollow body (30) has a diameter of less than 3.0 mm.
- 10. The heat-storing medium for a low-temperature range, comprising a set (22) of pourable bodies, wherein the bodies are gastight sealed hollow bodies (30) and each hollow body (30) contains a fill (34) of a low-boiling gas as a storing medium, characterized in that the hollow body wall (32) is made of ceramic material.
- 11. A regenerator (14) for a low-temperature refrigerator (10), comprising a housing (24) filled with the heat-storing medium (22) according to one of claims 1-10.
- 12. A low-temperature refrigerator (10) comprising a regenerator (14) according to claim 11, characterized by its configuration as a Gifford-McMahon, Stirling or pulse tube refrigerator, wherein helium gas is used as a working fluid.